

## SPORTS ACTIVITY PARTICIPATION OF THE CITIZENS OF LJUBLJANA, THE CAPITAL OF SLOVENIA

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Original scientific paper

UDC 372.879.6(497.12)

### Abstract:

In 1995 a questionnaire about sports activity participation was circulated among 202 families as a random sample in Ljubljana. The investigation included 686 persons, at least 8 years old.

According to the frequency of participation in a sport activity the sample was divided into three similarly large groups. Regularly active were 36%, occasionally active 34%, and non-active 30%.

Looking at the frequency of participation in a sport activity no statistically significant differences between the sexes were found. However, this is the case only in Ljubljana and in other larger towns in Slovenia. In other areas, especially in the rural areas, men are much more active than women.

The citizens of Ljubljana are the most active in the following sports: swimming, Alpine skiing, walking and mountaineering, cycling, tennis, jogging and basketball. The results of the questionnaire showed that the citizens would appreciate financial support from the authorities and adequate staffing as well as new (or renewed) sports facilities for swimming, tennis, running - jogging and cycling.

**Key words:** sports activity participation, citizens of the capital of Slovenia

### SPORTLICHE BETÄTIGUNG DER BEWOHNER VON LJUBLJANA, DER HAUPTSTADT SLOWENIENS

#### Zusammenfassung:

Im Jahre 1995 wurde ein Fragebogen über die sportliche Betätigung unter 202 zufällig ausgewählten Familien in Ljubljana verteilt. Die Untersuchung umfasste 686 Personen, mindestens 8 Jahre alt. Die Stichprobe wurde der Häufigkeit seiner Beteiligung am Sport nach in drei Gruppen ähnlicher Grösse verteilt. Etwa 36% trieben Sport regelmäßig, 34% von Zeit zu Zeit, während 30% nicht aktiv waren.

Was die Häufigkeit des Sporttreibens betrifft, wurden keine statistisch bedeutende Unterschiede zwischen Geschlechter gefunden. Doch, das gilt nur für Ljubljana und grössere slowenische Städte. In anderen, besonders ruralen Gebieten sind Männer viel aktiver als Frauen. Die Bewohner Lubljanas beteiligen sich am meisten an den folgenden Sportarten: Schwimmen, Skifahren, Wandern, Bergsteigen, Radfahren, Tennis, Jogging und Basketball. Der Fragebogen zeigte, dass die Bewohner eine finanzielle Unterstützung von der Stadtbehörde, sowie adequate Trainer und neue (bzw. renovierte) Sportplätze fürs Schwimmen, Jogging, Radfahren und Tennis hochschätzen würden.

**Schlüsselwörter:** sportliche Betätigung, Bewohner, Hauptstadt, Slowenien

### Introduction

Slovenia is a small country in the eastern part of the Alps with two million inhabitants over a surface of 20,256 km<sup>2</sup>, which is about half the size of Switzerland. It is situated in the mountainous part between Austria, Hungary, Croatia, the Adriatic sea and Italy. Half of its land is forested. The climate varies as a result of Alpine, Mediterranean and Panonian influences. The average January temperature is 0°C and in July 21°C. The beautiful natural landscapes of Slovenia, like the Alps with glacier valleys, rivers and lakes, forests, the karst, the variation of the hills and the Adriatic sea, offer many possibilities for recreational activities.

The capital city Ljubljana, with about 320,000 thousand inhabitants, is a cultural, political and university centre, and the largest town in the state.

Ljubljana includes more or less all, the positive and many negative, features typical of densely populated urban areas. Apart from the known negative facts of the contemporary way of life, the city dwellers are particularly exposed to a great deal of health hazards as a result of excessive air pollution, noise and daily traffic hold-ups. Consequently, people get very little or no favourable influence of Nature, such as fresh air, sunshine or the natural environment along with their hard daily pace of life.

People, therefore, feel a growing need to

enjoy the natural gifts which are unreachable to them, day after day, year after year.

In order to appease and decrease the negative influences and to find a balance between the unwholesome on the one hand, and a beneficial and healthy way of living on the other, it would be essential to research considerably more to enable people to participate in sports and physical activities in general. The issue should be taken up by the Government, Ljubljana city's authorities and other institutions, as well as by the individuals themselves.

### Subject, purpose and aims

The purpose of this contribution is to present the opinions and the data on sports participation of the inhabitants of the city of Ljubljana and to compare the results with a similar research done on Slovenia as a whole. Our findings could also be compared with the results in some other countries.

We focused on two groups of questions. The first group referred to participation in any sports activity in general and the second referred to participation in a particular sport.

### Methods

To obtain the necessary data a questionnaire method on a random sample of 202 families in Ljubljana which was comprised of 686 persons was used. The research included the following variables: sex, age, position in the family (mother, father, son, daughter), frequency of sports activity participation and the selection of the sports activity.

### Results and discussion

#### Short description of the sample

As already mentioned, 686 Ljubljana inhabitants aged from 8 to 75 years, on average 34.4 years, were polled in the

research. 342 men and 344 women were included. Families were of average size, i.e. 3.84 members and 1.7 children. Relations between particular members of a family (fathers, mothers, sons, daughters) were equally arranged.

*Table 1: Position in a family*

	<i>f</i>	<i>%</i>
1 - FATHER	175	25.5
2 - MOTHER	187	27.3
3 - SON	147	21.4
4 - DAUGHTER	135	19.7
5 - GRANDFATHER	12	1.7
6 - GRANDMOTHER	18	2.6
7 - OTHERS	12	1.7
<b>TOTAL</b>	<b>686</b>	<b>100.0</b>

*Table 2: Number of family members*

	<i>f</i>	<i>%</i>
1 - 2 members	19	9.4
2 - 3 members	68	33.7
3 - 4 members	86	42.5
4 - 5 or more	29	14.4
<b>Total</b>	<b>202</b>	<b>100.0</b>

#### Sports activities

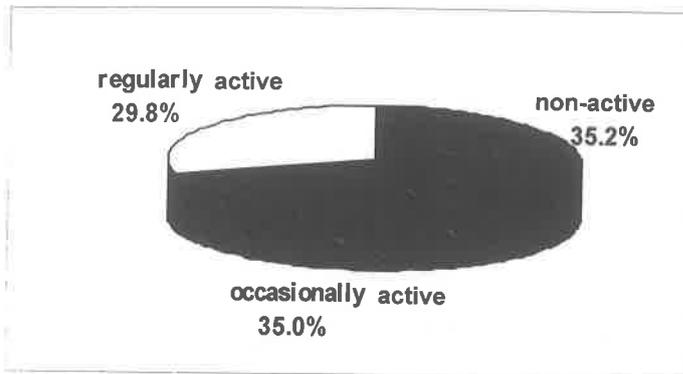
Within the research in the Slovenian capital, the family members involved in the survey were asked whether they did any sports activity and if "yes", how frequently.

When analysing the results we decided to change the reference scale, typically divided into seven categories, to a three-category scale which we found more appropriate for further discussion. The new scale was labelled as presented in Table 3.

According to the frequency of participation in a sports activity, our sample broke down into three more or less equal groups: a little more than a third are regularly active, a third are occasionally active and nearly 30% are non-active.

The summarised results are shown in graph 1 below.

In the study of the city of Larisa (Greece) (Alexandris and Carrol, 1998) it was indicated



Graph 1: Sports activity participation

that 32% of the respondents have never participated in any sports activity, 24 % participated in a sports activity at least once a year, 17% participated at least once a month, and 27% participated in a sports activity once a week.

When we compared these results with the results of a similar previously-done survey in Ljubljana (1973), we discovered that in 22 years the proportion of regularly active people had risen from 30% to 37%, which means a growth of 23 percent, while the

number of occasionally active people fell from 36 % to 33%, and non-active from 34% to 30%. Almost a quarter of a century was necessary for a rather moderate progress

Table 3: Frequency of sports activity

Frequency	f	%	
1 - non-active	101	14.7	Non-active
2 - once to a couple of times a year	103	15.0	
3 - 1 to 3 times a month	105	15.3	Occasionally active
4 - once a week	127	18.5	
5 - 2 to 3 times a week	167	24.3	Regularly active
6 - 4 to 6 times a week	55	8.1	
7 - every day	28	4.1	

area of non-participation in any sports activity.

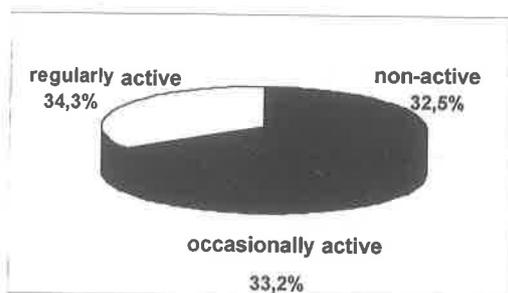
Two decades ago this proportion was very different. Apart from a substantially different frequency of participation in a sports activity, women took part in a far narrower range of sports activities than men.

Over the past few years the differences between men and women have almost vanished. There must have been some changes of attitudes and changes in motivation that have coincided and interacted with such profound changes in their life styles.

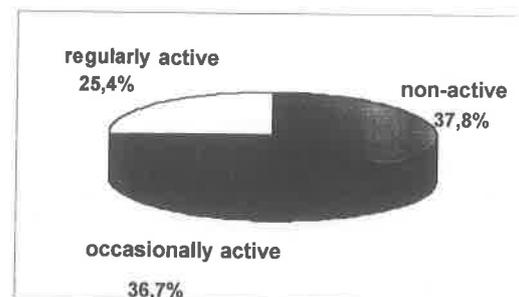
towards a higher rate of sports participation.

Participation rates regarding gender are surprising. In Ljubljana there is practically no difference between the sexes as regards the participation rates.

Graphs 2 and 3 indicate that men and women differ only slightly as regards their participation in a sports activity and the difference is not significant, not even at the 1% level. Men are slightly keener to participate regularly in a sports activity while women dominate in the area of occasional participation in a sports activity and in the



Graph 2: Frequency of sports activity participation - men



Graph 3: Frequency of sports activity participation - women

As A. Bunuel (1991) discovered in her study, Spanish women have taken up exercises for fitness and thus avoided traditional sexist stereotype obstacles which allow them to be engaged in physical activities which are in vogue: entertainment, relaxation, enjoyment of one's own body, the importance of good looks, etc.

Let us have a closer look at the results of the studies on the participation in a sport activity obtained in some other countries.

The results of a comparative survey on leisure participation in London and Brooklyn - New York (Stockdale, Wells and Rall, 1996) suggested that leisure participation is also related to an individual's gender.

Looking at the non-participation rates regarding gender in a largely descriptive survey on sport participation across seven

Table 4: Female/Male non-participation rates

Country	Male %	Female %
Finland	17	22
Ireland	30	42
Italy	68	85
Netherlands	37	39
Spain	61	76
Sweden	30	30
United Kingdom	28	40

European countries (ibidem) we can see how these proportions differ.

The study also stated that the growth rate in women's sports participation in many countries was larger than in men's over the last 20 years, suggesting that by the end of the 1990s the gap should have narrowed.

Another important issue we consider appropriate to explain here is that there are differences between the citizens of Ljubljana and Slovenian citizens in general (Slovenian survey, 1996).

The results in Table 5 show that the citizens of Ljubljana are much more sports active than

Table 5: Percentage of sports active persons - comparison: Ljubljana / Slovenia

Activity	men		women	
	Slovenia	Ljubljana	Slovenia	Ljubljana
1 - no	49.0	32.5	63.6	37.8
2 - occasionally	27.1	33.2	19.8	36.7
3 - regularly	23.9	34.3	16.6	25.5

people in other parts of Slovenia.

This may mean that there exists a wider variety of sports participation possibilities offered in the capital city where more sports facilities and other sports fields are available. Furthermore, a higher educational level and a better income are probably also connected with the higher sports activity participation of Ljubljana's inhabitants in comparison with other Slovenes. Yet it is important to explain that the Slovenia's sample included 37% people living in (other) towns, 18% of the people were from the suburbs and 45% from the villages.

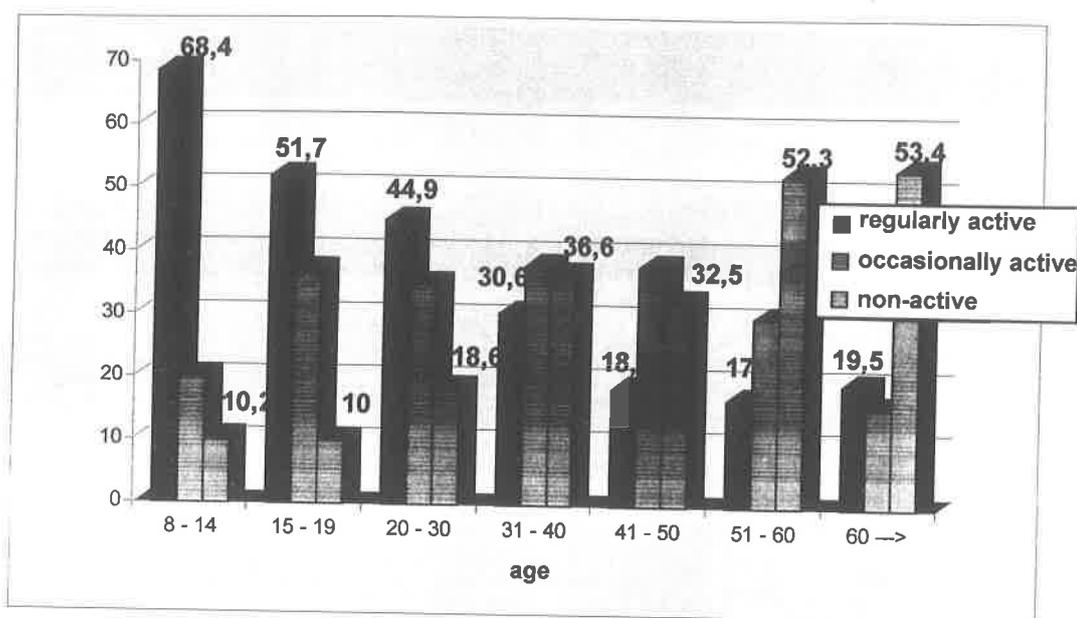
The next section deals with age as a factor related to the frequency and quality of the sports activity participation where, in our opinion, the differences between the young and the elderly are slowly but steadily becoming smaller.

The reasons are probably in the better sports programmes for different age groups and in the programmes of higher quality for the elderly. On the other hand, we are now approaching probably the first few generations of old people with much stronger sports activity participation needs and requirements regarding a healthier life style.

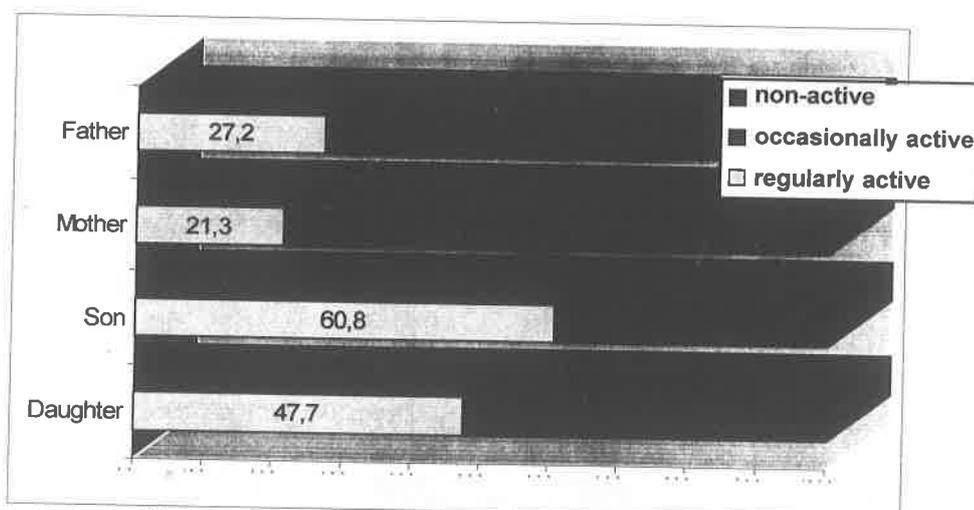
The correlation expressed in the contingency coefficient is high and statistically significant. A particularly striking example is a regular sports activity participation which unfortunately decreases soon after the early youth down the scale to the category of 41- 50 years old, then it unexpectedly remains stable until the oldest category.

Middle-aged people who participate regularly in a sports activity and benefit from such regular participation are the most unlikely to turn their back on it or to change their habits. Moreover, they are fully aware of the importance of a life-time long regular physical activity to consequently retain their functional independence at an older age.

We compared the answers of the individual family members concerning sports activity participation. We took into account only the close family members - fathers, mot-



Graph 4: Sports activity participation with regard to age



Coefficient contingency: 0.342

Graph 5: Sports activity participation - individual family members

hers, sons and daughters since the number of other family members (grandfathers, grandmothers, aunts, etc.) was too small for any analysis and subsequently any relevant conclusions. The results are shown in graph 5.

The high coefficient confirms the differences in sports activity participation among the individual family members. It is obvious that there are no significant differences either between the parents (fathers and mothers) or children (sons and daughters). However, there are big differences between generations - parents and children.

Another question put to Ljubljana's citizens was: Where do you do sport the most? (Table 6)

The results as shown in the table indicate that most of the people surveyed prefer their recreation in the open air; evidently, those people who mostly appreciate a direct and genuine contact with Nature where they can enjoy its beauty and can escape their daily routine while accumulating indispensable energy for work belong to this group.

The second option based on the percentage of answers regards sport participation

Table 6: Where do you do sport the most?

Place of sports activities	Total %	Men	Women	Young	Elderly
				< 20	> 50
1 - schools or office sports grounds	11.8	17.5	6.1	25.3	4.7
2 - sports grounds of sports clubs	14.6	20.1	9.1	24.7	3.1
3 - outdoors on organised sports fields	32.5	36.1	28.9	31.0	27.3
4 - outdoors without organised sports fields	38.5	35.2	41.8	29.1	42.2
5 - indoor sports facilities - gym, fitness club	32.2	27.2	37.1	43.0	9.4
6 - other	3.4	2.7	4.1	4.4	2.3
7 - not active, no answer	16.0	12.1	19.9	4.4	36.7
<b>Total</b>	<b>149</b>	<b>150.9</b>	<b>147.1</b>	<b>162.0</b>	<b>125.8</b>

Sex: Cramer's V coefficient : 0.259 Age: Cramer's V coefficient : 0.608

Table 7: Regular activity throughout the year

SPORTS ACTIVITY	f	%
1. WALKING, RAMBLING	130	18.95
2. CYCLING	64	9.33
3. RUNNING	63	9.18
4. BASKETBALL	57	8.31
5. TENNIS	53	7.73
6. FOOTBALL	48	7.00
7. FITNESS	40	5.83
8. MOUNTAINEERING	35	5.10
9. SWIMMING	34	4.96
10. VOLLEYBALL	33	4.81
11. AEROBICS	30	4.37
12. ARTISTIC GYMNASTICS	17	2.48
13. TABLE TENNIS	15	2.19
14. HANDBALL	14	2.04
15. ATHLETICS	13	1.90
16. DANCING	12	1.75
17. BADMINTON	12	
18. GENERAL SPORTS EXERCISE	11	1.60
19. MARTIAL ART	8	1.17
20. KARATE	6	0.87
YOGA	6	
22. HOME EXERCISES, BOWLING,	5	0.73
ROLLING, ALPINE SKIING	5	
26. JUDO	4	0.58
BALLET	4	
SPORTS CLIMBING	4	
SQUASH	4	
30. RIDING	3	0.44
HUNTING	3	
DANCE	3	
SCUBA DIVING	3	
SKATING	3	
35.- 38. BOWLING, CROSS-COUNTRY SKIING	2	0.29
SHOOTING, MOUNTAIN CLIMBING		
39. - 47. WINDSURFING, SPELEOLOGY,	1	0.15
ROLLER SKATING, DARTS, FOLK		
DANCING, FENCING, SKI JUMPING,		
TRIM TRACKS, BILLIARDS		

No. of people: 446 = 65 %, total answers: 769, sporting events: 47

**Table 8: Sport participation according to gender and age**

<b>MEN REGULARLY (n=346)</b>		<b>f</b>	<b>WOMEN REGULARLY (n=340)</b>		<b>f</b>
1. WALKING, RAMBLING		58	1. WALKING, RAMBLING		72
2. BASKETBALL		46	2. AEROBICS		29
3. FOOTBALL		45	3. CYCLING		25
4. CYCLING		39	4. RUNNING		24
5. RUNNING		39	5. VOLLEYBALL		23
6. TENNIS		39	6. FITNESS		20
7. FITNESS		20	7. SWIMMING		18
8. MOUNTAINEERING		19	8. MOUNTAINEERING		16
9. SWIMMING		16	9. TENNIS		14
10. TABLE TENNIS		11	10. BASKETBALL		11
11. VOLLEYBALL		10	12. DANCING		11
12. BADMINTON		8	13. ARTISTIC GYMNASTICS		11
13. ATHLETICS		7	14. HANDBALL		9
14. ARTISTIC GYMNASTICS		6	15. ATHLETICS		6
<b>YOUNG TO 20 (n=159)</b>			<b>ADULTS OVER 20 (n=527)</b>		
1. BASKETBALL		26	1. WALKING, RAMBLING		124
2. CYCLING		22	2. RUNNING		44
3. RUNNING		19	3. TENNIS		42
4. VOLLEYBALL		18	4. RIDING		42
5. FOOTBALL		17	5. BASKETBALL		31
6. ARTISTIC GYMNASTICS		13	6. MOUNTAINEERING		31
7. FITNESS		12	7. FOOTBALL		29
8. TENNIS		11	8. AEROBICS		27
9. HANDBALL		11	9. FITNESS		28
10. ATHLETICS		9	10. SWIMMING		26
11. SWIMMING		8	11. TABLE TENNIS		12
12. WALKING, RAMBLING		6	12. VOLLEYBALL		15
13. SKATEBOARD		5	13. GENERAL SPORTS EXERCISE		9
14. BADMINTON		5	14. DANCING		8
15. MARTIAL ARTS		4	15. BADMINTON		7

outdoors again, but this time on organised sports fields. As in the first selection, where we can include sports like tour skiing, mountaineering, canoeing, sailing and the like, this category includes Alpine skiing, cross-country skiing, beach volleyball, cycling, trim track and similar sports.

The third place goes to those who prefer indoor sports (these include a number of different sports facilities, such as halls for football, basketball, handball, volleyball, fitness centres, tennis and badminton courts, squash courts, swimming pools, dance and aerobics halls, halls with artificial walls for sports climbing, etc.) and find that participation in such sports satisfies their need for exercise and relaxation.

The answers of the two sexes differ in a statistically typical way. Men prefer sports in a natural environment in organised sports facilities; their second choice (outdoors without any sports facilities) and their third

choice (in indoor sports facilities) equal in percentage. Women prefer outdoor sports without any sports facilities. Gym and other indoor sports facilities come second.

In terms of age, the difference between the young (below 20) and the elderly (over 50) are large which proves why the linkage coefficient is very high. The elderly give a considerable advantage to the natural environment (especially to unorganised fields) and only a small share of them opt for indoor facilities or sports grounds. The young prefer activities in sports facilities much more.

### **Sports activity - sports**

This chapter presents most of the sports which Ljubljana's citizens do. We took into account the more or less regular activity throughout the year and the more or less

regular activity participation in seasons (winter, summer). In both cases up to three sports were expected to be chosen by each person involved in the survey.

Table 9 indicates that members of Ljubljana's families do typical aerobic sports more or less regularly all year round. These sports are of lower intensity (e.g. walking, rambling), and take place in the open air (cycling and jogging).

Table 9: Seasonal regular sports activity participation

SPORTS ACTIVITY	f	%
1. SWIMMING	286	41.69
2. ALPINE SKIING	229	33.38
3. CYCLING	90	13.12
4. TENNIS	34	4.96
5. MOUNTAINEERING	33	4.81
6. SKATING	30	4.37
7. RUNNING	22	3.21
8. CROSS-COUNTRY SKIING	15	2.19
9. WINDSURFING	15	
10. BASKETBALL	11	1.60
11. FOOTBALL	8	1.17
12. BADMINTON	8	
13. WALKING, RAMBLING	7	1.02
14. VOLLEYBALL	5	0.73
15. SCUBA DIVING	4	0.58
16. ROLLING, SKATEBOARDING	4	
17. SLEDGING	4	
18. SNOWBOARDING	3	0.44
19. SAILING	3	
20. AEROBICS	2	0.29
21. FITNESS	2	
22. MOUNTAIN RIDING	2	
23. PETANQUE BOWLING	2	
24. FISHING	2	
25. SPORTS CLIMBING	2	
26. ATHLETICS	1	0.15
27. WEIGHT LIFTING	1	
28. HOCKEY	1	
29. KAYAK, CANOE	1	
30. KARATE	1	
31. BOWLING	1	
32. ARCHERY	1	
33. TABLE TENNIS	1	
34. PARAGLIDING	1	
35. DARTS	1	
36. DANCING	1	
37. FOLK DANCING	1	
38. WRESTLING	1	
39. SKI JUMPING	1	
40. UNIVERSAL EXERCISES	1	
41. WATER POLO	1	
42. BILLIARDS	1	
43. SOCCER	1	

No. of people 447 = 65 %, total answers: 841, sporting events: 43

There are also three favourite ball games among them and these are basketball, tennis and football, that all need sports facilities.

While men place basketball and football at the top of the list, women put aerobics there.

Ball games take up the position of the three favourite sports for youngsters, whereas the aerobic sports such as walking, running and cycling are favourite sports for the elderly.

Differences in the sexes do not play any role at the top of the list of preferences, i.e. in the first six sports. Men prefer tennis whereas women prefer mountaineering.

There are three sports at the top of the list which are chosen equally by the young and by the adults. These are swimming, Alpine skiing and cycling. Other sports were ranked differently by each age group.

In his survey Z. Zuzanek (1997) (the sample included 2778 individuals) showed the relationship of sports participation according to gender and pointed out the male and female proportion in a certain sport or a physical activity as shown in Table 11.

Both the mentioned samples (London, Brooklyn-NY) (Stockdalen, Wells and Rall, 1996) included groups of typically masculine social and sports activities which were pursued predominately by young males. A young single persons' active life style was reflected by the emergence of activity grouping in both cities.

Participation in tennis and swimming was dominated by middle-aged women, while racquet sports and car-bike maintenance was most popular with the males.

Chris Gratton (1997) presents a table on the participation of British persons aged 16 and over in sports and physical activities (Table 13).

Table 10: Seasonal sport participation according to gender and age

MEN - SEASON	f	WOMEN - SEASON	f
1. SWIMMING	141	1. SWIMMING	145
2. ALPINE SKIING	133	2. ALPINE SKIING	96
3. CYCLING	46	3. CYCLING	44
4. TENNIS	18	4. MOUNTAINEERING	17
5. MOUNTAINEERING	16	5. TENNIS	16
6. SKATING	14	6. SKATING	16
7. WINDSURFING	12	7. RUNNING	12
8. RUNNING	10	8. CROSS COUNTRY SKIING	6
9. BASKETBALL	9	9. BADMINTON	6
10. CROSS COUNTRY SKIING	9	10. WALKING, RAMBLING	4
11. FOOTBALL	8	11. WINDSURFING	3
12. SCUBA DIVING	4	12. VOLLEYBALL	3
13. SKATE BOARDING	4	13. SLEDGING	3
THE YOUNG - SEASON	f	THE ADULT - SEASON	f
1. SWIMMING	88	1. SWIMMING	198
2. ALPINE SKIING	70	2. ALPINE SKIING	159
3. CYCLING	29	3. CYCLING	61
4. SKATING	12	4. MOUNTAINEERING	28
5. RUNNING	9	5. TENNIS	27
6. BASKETBALL	7	6. SKATING	18
7. TENNIS	7	7. CROSS COUNTRY SKIING	14
8. MOUNTAINEERING	5	8. RUNNING	13
9. SKATE BOARDING	4	9. WINDSURFING	12
10. FOOTBALL	4	10. WALKING, RAMBLING	6
11. BADMINTON	3	11. BADMINTON	5
12. WINDSURFING	3	12. FOOTBALL	5

Table 11: Sports participation according to gender (as found by Zuzanek, 1997)

Physical Activity	Total %	Men %	Women %
5.0 Walking for exercise	67.9	59.7	75.3
5.1 Gardening	55.9	58.5	53.6
5.2 Swimming	46.1	45.0	47.1
5.3 Bicycling	44.5	46.1	43.0
5.4 Social dancing	36.9	31.3	42.0
5.5 Home exercise	33.6	29.0	37.8
5.6 Ice skating	24.1	263.6	21.9
5.7 Downhill skiing	20.5	23.9	17.4
5.8 Jogging or running	20.0	24.6	16.0
5.9 Bowling	18.8	18.9	18.8

## Conclusion

This research was aimed at being a small fraction of the whole picture, a piece of information gathered by various surveys on sport and other related fields that can contribute to future strategic planning, not only in the city of Ljubljana, but in the Republic of Slovenia as a whole.

In the past ten years there have been many substantial changes in almost all parts of public life, including the influence of Slovenia's transition. It is obvious that sport cannot escape these processes. The future of sports activities available for everyone seems rather unpredictable especially as it depends on several factors, e.g. priority ranking in the State's budget, the condition of the sports facilities and sports infrastructure, personal and family incomes, the quality and organisational level of the existing sports clubs, sponsoring possibilities and on other factors which are related to urban areas (towns, villages, regions), the environment, etc.

According to the aims of this research we can draw the following conclusions:

1. In 1995 a questionnaire on sports activity participation on a random sample of 202 families from Ljubljana, which included 686 persons, of minimum age of 8 years, was

**Table 12:** Comparison between London and Brooklyn NY - participation in sports disciplines

London	%	Brooklyn NY	%
Walking	21.4	Swimming	24.9
Swimming	20.8	Tennis	12.6
Tennis	11.1	Walking	11.6
Squash	10.4	Skiing	10.9
		Driving/motoring	10.4
		Ten-pin Bowling	10.4

**Table 13:** Sports and physical activity participation of British (aged 16 years and over)

Activity	Participation %
5.0 Walking	65.3
5.1 Swimming	42.4
5.2 Snooker/pool/billiards	21.7
5.3 Keep fit / yoga	18.8
5.4 Cycling	17.0
5.5 Darts	13.1
5.6 Golf	12.2
5.7 Bowling	11.4
5.8 Running / jogging	9.5
5.9 Weight lifting training	9.1

circulated.

2. The results show that members of Ljubljana's families are reasonably sport-active.

3. A wide range of the sports here presented is done differently, depending on the gender and the age groups.

4. Most people prefer sports activities outdoors, in Nature. The second choice is sports participation in organised sports fields, and the third, taking part in indoor sports.

5. As far as the frequency of sports activity participation is concerned there are no significant differences between the sexes. Although a large amount of research has been carried out before, this is the first time we have established a similarity between adult men and adult women. This indicates a totally new attitude of urban women towards sport.

6. Comparing the results of similar research from 1996 we now see that the Slovenes from other regions are significantly less sport active than the citizens of the capital. However, the differences between the women from Ljubljana and those from other parts of the country are bigger than the differences between the respective male group.

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Received: March 9, 2000

Accepted: May 29, 2001

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